BOSTON PUBLIC LIBRARY

2024

DISABLED, NOT UNABLE

BOOKLIST FOR ADULTS, TEENS, & CHILDREN

The Disabled, Not Unable Booklist is a list of recent books for all ages about the diverse experiences of the disabled and neurodivergent community. This inaugural printing is published as part of the Boston Public Library's observance of Disability Pride Month.

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ON THE COVER:
Album Art from *Rosé*, an album by musical artist and disability activist Precious Perez.
Photo Credit: We Could Be Music

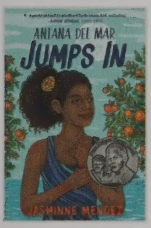
CHILDREN

Airi Sano, Prankmaster General: Public Enemy Number One

By Zoe Tokushige

Things are looking up for prankster Airi after she is diagnosed with dyslexia. She even decides to sign up for the school play, but everything is in jeopardy when a prank goes wrong.

J FICTION TOKUSHIG Z



Aniana Del Mar Jumps in

By Jasminne Méndez

Ani lives to swim but must keep her weekly practices a secret from her mother. When stiff and aching joints lead to a diagnosis of juvenile idiopathic arthritis, her secret is revealed, and her world turns upside-down.

J FICTION MENDEZ J

Buzzing

By Samuel Sattin

Isaac is a shy boy with OCD, but after meeting new friends who introduce him to role-playing games, he embarks on a journey of self-discovery and growth.

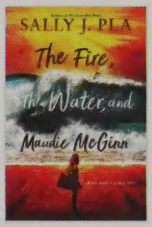
J GRAPHIC BUZZING

Dancing Hands: A Story of Friendship in Filipino Sign Language

By Joanna Que and Charina Marquez (authors), Fran Alvarez (illus.), Karen Llagas (tran.)

Sam is fascinated by her new neighbors and their ability to talk with their hands, and when she meets Mai, she starts to learn Filipino sign language so they can communicate.

J PICTURE QUE J



The Fire, the Water, and Maudie McGinn

By Sally J. Pla

Neurodivergent Maudie loves spending the summer in California with her dad, but a wildfire forces them to evacuate to the beach town where he grew up — and where she finds a love for surfing.

J FICTION PLA S

Figure It Out, Henri Weldon

By Tanita S. Davis

Henrietta thought her dyscalculia would be her biggest problem when switching schools, but now she must deal with family drama, the girls' soccer team, and so much more.

J FICTION DAVIS T

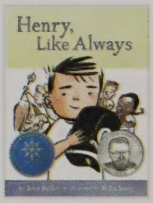
available as an audiobook
available as an eBook
graphic novel

Good Different

By Meg Eden Kuyatt

Selah has rules for school, rules for home, rules for keeping her feelings in check, and rules for "being normal". When she loses control at school and is threatened with expulsion, she starts to learn that being different doesn't mean she's broken.

J FICTION KUYATT M

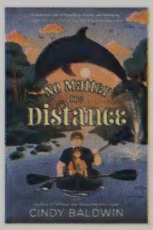


Henry, Like Always

By Jenn Bailey

Henry, a boy on the autism spectrum, loves the predictability that defines life in Classroom Ten. But when the weekly routine is disrupted by a special parade, Henry learns about friendship, speaking up, and finding new ways to participate.

J EARLY CHAPTER BAILEY J



No Matter the Distance

By Cindy Baldwin

Eleven-year-old Penny has a lot going on. Her best friend is moving away, she's having cystic fibrosis flare-ups, and a dolphin just mysteriously appeared in the creek near her house. When a school assignment asks her to define herself, she learns more about herself than she ever expected.

J FICTION BALDWIN C

Obioma Plays Football

By Chika Unigwe

Obioma is a football star, but when her family moves to a big city she becomes just "the girl with the wheelchair". When Ayana asks Obioma to play, she's ready to show the whole school her football skills.

J PICTURE UNIGWE C

Second Chance Summer

By Sarah Kapit

When Maddie, who has dyspraxia, gets dropped off at theater camp, she discovers she is sharing a bunk with her former bestie Chloe. With a whole summer together, can the two piece their friendship back together?

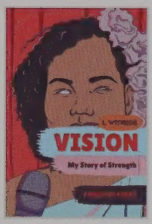
J FICTION KAPIT S

Soon, Your Hands

By Jonathan Stutzman

An intergenerational story of different ways families live and communicate with each other. With her caregivers by her side, a little girl who wears hearing aids and uses sign language learns, explores, and grows.

J PICTURE STUTZMAN J

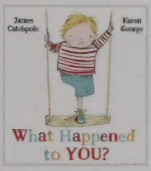


Vision: My Story of Strength

By Precious Perez

Precious was born blind, but that did not stop her love of singing! When her high school music teacher advocates for her talent, Precious starts to focus on the strength of her disability and achieves her dream of attending Berklee College of Music.

J BIOG HV1792.P468 A3 2023

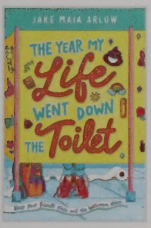


What Happened to You?

By James Catchpole

A young boy trying to play pirates at the playground keeps getting interrupted with questions about what happened to his leg. As he gets more and more fed up, the other kids finally understand they don't need to know what happened.

J PICTURE CATCHPOL J



The Year My Life Went Down the Toilet

By Jake Maia Arlow

When seventh grader Al is diagnosed with Crohn's Disease, it looks like her life is going down the toilet. Luckily, she joins a support group, where she discovers community and a budding new crush on a girl named Mina.

J FICTION ARLOW J

TEEN

Brooms

By Jasmine Walls & Teo Duvall

A group of marginalized teens in 1930's Mississippi joins an illegal broom-racing team to earn money to move west, where magic isn't forbidden.

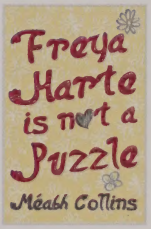
TEEN GRAPHIC BROOMS

Every Time You Go Away

By Abigail Johnson

In the years since they last saw each other, Rebecca lost a parent and the use of her legs while Ethan became his mom's caretaker. When the childhood crushes reconnect, they'll learn whether grief can bring them closer together.

TEEN FICTION JOHNSON A



Freya Harte Is Not a Puzzle

By Méabh Collins

Freya isn't surprised to learn she's autistic, but she doesn't want anyone to know. The more she tries to fit in, the more tired she gets of pretending.

TEEN FICTION COLLINS M

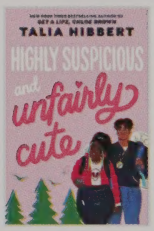
available as an audiobook
available as an eBook
graphic novel

Give Me a Sign

By Anna Sortino

Lilah, a teen who uses hearing aids, is excited to find community at a summer camp for Deaf and Blind people. When a fellow counselor offers to help her brush up on ASL, she quickly finds herself falling for him.

TEEN FICTION SORTINO A



Highly Suspicious and Unfairly Cute

By Talia Hibbert

When Bradley, a high school football player with OCD, is paired with his ex-best friend Celine at an outdoor survival course, their messy history and academic rivalry starts turning into chemistry.

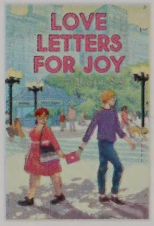
TEEN FICTION HIBBERT T

If Tomorrow Doesn't Come

By Jen St. Jude

After hearing that an asteroid will destroy the earth in a week, a suicidal teen reconnects with friends and even starts falling in love.

TEEN FICTION STJUDE J



Love Letters for Joy

By Melissa See

While Joy, who has cerebral palsy, works to become her school's first disabled valedictorian, all her friends are pairing up. After writing to an anonymous advice column about her fear of dating while asexual, she begins to fall for the last person she expects.

TEEN FICTION SEE M

The Making of Yolanda La Bruja

By Lorraine Avila

Yolanda Alvarez's initiation into her family's traditional religion begins with concerning visions of the new kid at school planning violence. While she uses a cochlear implant to hear, it's the people around her who won't listen when she warns them of danger.

TEEN SCIFI FANTASY AVILA L

One in a Million

By Claire Lordon

After developing mysterious symptoms such as headaches and constant fatigue, Claire finds herself in and out of doctor's offices, MRI machines, and surgery rooms. This true story examines the medical and mental trauma of uncovering a chronic illness along with the desire to be a "normal" teenager.

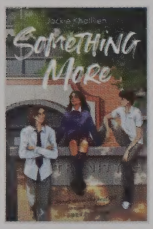
TEEN GRAPHIC RC280.B7 .L67 2023

The Secret Summer Promise

By Keah Brown

After spending her last summer recovering from surgery for her cerebral palsy, aspiring artist Andrea is determined to make this summer the best one yet, but things grow complicated when she realizes that she's in love with her best friend.

TEEN FICTION BROWN K



Something More

By Jackie Khalilieh

A Palestinian-Canadian teen gets an autism diagnosis before starting high school and worries that she needs to keep it secret. She makes a bucket list for her new school, but falling for two different boys is not part of the plan.

TEEN FICTION KHALILIE J

The Spirit Bares Its Teeth

By Andrew Joseph White

Trans, autistic Silas Bell is willing to do anything to escape an arranged marriage, even if it means being sent to Braxton's Finishing School and Sanitorium, where the ghosts of missing students beg for his help.

TEEN SCIFI FANTASY WHITE A

Stars in Their Eyes

By Jessica Walton

Maisie's excited to attend a pop culture convention and meet her idol, an action hero who has a lower-leg amputation just like her. While at the con, a cute volunteer grabs Maisie's attention, and she's instantly smitten.

TEEN GRAPHIC STARS IN THEIR

Venom & Vow

By Anna-Marie McLemore and Elliott McLemore

A transgender prince with a permanently injured knee and a bigender assassin with a spinal deformity are forced to work together to break a curse, bringing their enemy kingdoms together.

TEEN SCIFI FANTASY MCLEMORE A

Where You See Yourself

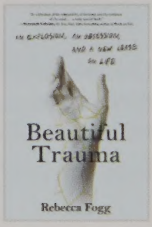
By Claire Forrest

With her heart set on a college that's accessible enough for her wheelchair and will set her up for her dream job in digital media, Effie navigates the trials and tribulations of her final year of high school.

TEEN FICTION FORREST C

available as an audiobook
available as an eBook
graphic novel

MEMOIR

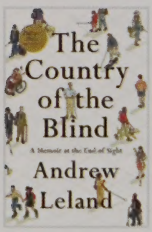


Beautiful Trauma

By Rebecca Fogg

Fogg, who lost her hand in an explosion at home, describes her year of rehabilitation, how the brain's fight or flight mechanism saved her, and the psychological process of recovery.

RC552.T7 F64 2023



The Country of the Blind

By Andrew Leland

Retinitis pigmentosa caused Leland to live his first few decades being sighted, but through the years, he gradually lost his sight. Now, he documents his transition from sighted to blindness, as he becomes immersed in a new culture.

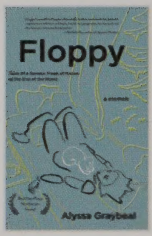
BIOG HV1792.L453 A3 2023

Dyscalculia: A Love Story of Epic Miscalculation

By Camonghne Felix

Through mathematical metaphors inspired by her childhood dyscalculia, Felix squares her "miscalculations in love" with her early childhood trauma and mental health.

BIOG RJ496.A25 F45 2023



Floppy: Tales of a Genetic Freak of Nature at the End of the World

By Alyssa Graybeal

In this playful story of falling down, getting back up again, and realizing you should have gone to the hospital sooner, Alyssa explores the emotional landscape of life with Ehlers-Danlos syndrome while dealing with chronic pain, an ill-suited library job, and her wife's mystifying health problems.

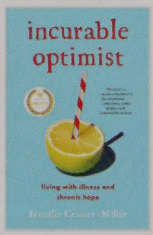
BIOG RC580.E35 G73 2023

Head Above Water: Reflections on Illness

By Shahd Alshammari

Charting her journey with raw honesty, a chronically ill woman imparts profound wisdom as she explores disability, displacement, and belonging at the intersection of culture, gender, and race.

BIOG HV3013.S25 A3 2023



Incurable Optimist: Living with Illness and Chronic Hope

By Jennifer Cramer-Miller

After receiving an autoimmune diagnosis, Cramer-Miller found herself grappling with loss and uncertainty. Four kidney transplants later, she is here to shine a bright light on people helping people in difficult times.

BIOG RC902 .C73 2023

Leg: The Story of a Limb and the Boy Who Grew from It

By Greg Marshall

A hilarious and poignant memoir grappling with family, disability, and coming of age in two closets — as a gay man and as a man living with cerebral palsy.

BIOG HQ75.8.M327 A3 2023

Life on Delay

By John Hendrickson

Hendrickson writes candidly about the issues stutterers like him face daily, leading us through the evolution of speech therapy and sharing portraits of fellow stutterers who have changed his life.

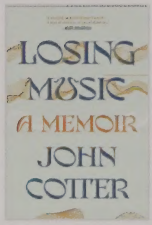
BIOG RC424 .H46 2023

Limp Forward: A Memoir of Disability, Perseverance, and Success

By Libo Cao Meyers

From her childhood as a little girl with polio in a Chinese village to her adulthood as a tech executive at Apple, Libo boldly shares how she overcame challenges as an immigrant, a person with a disability, a mother, and a woman in a male-dominated workforce.

BIOG HV1553 .M49 2023



Losing Music

By John Cotter

In this bracingly honest account of his experience with Ménière's Disease, Cotter sheds light on both the taboos surrounding disability and the limits of medical science.

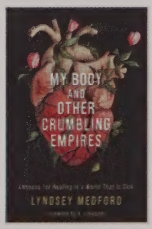
BIOG RF275 .C68 2023

Lucky Girl: Lessons on Overcoming Odds & Building a Limitless Future

By Scout Bassett

A sprinter, long jumper, and Paralympian shares 10 lessons she's learned about overcoming challenges and defying the odds to become a gold medalist and world-record holder.

BIOG GV1061.15.B38 A3 2023



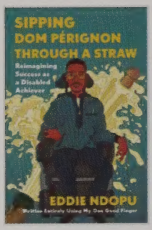
My Body and Other Crumbling Empires

By Lyndsey Medford

When her autoimmune disorder roars out of remission, Medford must learn to cooperate with her body, even if it means changing every aspect of her life and radically reimagining the world.

BT732 .M429 2023

available as an audiobook
available as an eBook
graphic novel

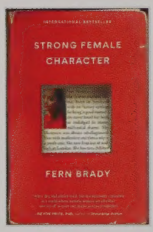


Sipping Dom Pérignon Through a Straw

By Eddie Ndopu

A global humanitarian, born with spinal muscular atrophy, a degenerative disease affecting mobility, shares his remarkable journey and reminds us of our own capacity for resilience in the face of ableism.

BIOG HV1559.S6 N36 2023

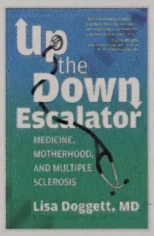


Strong Female Character

By Fern Brady

In this hilarious yet heartbreaking memoir, Brady, who was diagnosed with autism in her thirties, reveals the combination of sexism and ableism that often prevents autistic women from getting diagnosed until adulthood.

BIOG PN2598.B678 A3 2023



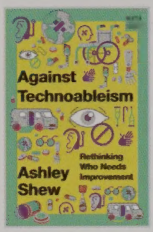
Up the Down Escalator: Medicine, Motherhood, and Multiple Sclerosis

By Lisa Doggett

Dr. Lisa Doggett recounts her startling shift from doctor to patient, as she learns to live with multiple sclerosis while running a clinic for uninsured patients in central Austin.

RC377 .D635 2023

NONFICTION

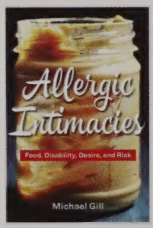


Against Technoableism

By Ashley Shew

Shew argues against technoableism, the belief that the elimination of disability with the help of technology is a good thing, and implores us to consider what most disabled people want by asking the real experts: the disability community.

HV1568 .S54 2023

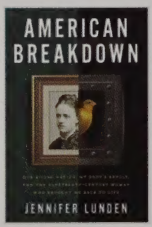


Allergic Intimacies: Food, Disability, Desire, and Risk

By Michael Gill

Not many people associate food allergies with disability. However, Michael Gill takes us on an engaging argument using personal experiences, stories, law studies, and varying cultural perspectives to explore the connection between the two.

RC596 .G545 2023



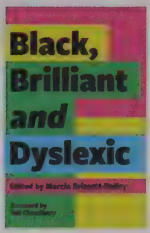
American Breakdown: Our Ailing Nation, My Body's Revolt, and the 19th Century Woman who Brought Me Back to Life

By Jennifer Lunden

Lunden combines research and personal narrative, as her quest to understand her own Chronic Fatigue Syndrome introduces her to Alice James, a 19th century relative to the father of psychology who suffered from the same condition, previously known as "neurasthenia."

BIOG RB150.F37 L86 2023

available as an audiobook
available as an eBook
graphic novel

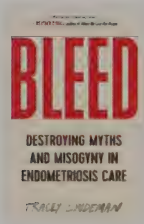


Black, Brilliant and Dyslexic: Neurodivergent Heroes Tell their Stories

By Marcia Brissett-Bailey (ed.)

A collection of intersectional stories and perspectives from the Black and dyslexic community, highlighting the trials, struggles, and victories of each community to encourage, support, and help others find their own voice and direction.

RC394.W6 B66 2023



Bleed: Destroying Myths and Misogyny in Endometriosis Care

By Tracey Lindeman

Lindeman's validating reflection on the myths and facts surrounding endometriosis care examines the history and modern connection between misogyny, classism, marginalized communities, discrimination, and medical gaslighting.

RG483.E53 L56 2023

Born Extraordinary

By Meg Zucker

An empowering, practical, and humorous guide on raising children to welcome and accept their differences and disabilities advises parents and guardians to let go of perfectionism and learn to support and empower themselves and their family.

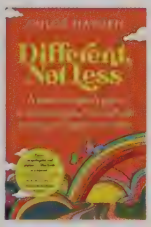
HQ759.913 .Z83 2023

Crip Up the Kitchen

By Jules Sherred

Reclaiming the term "crip" to "signal taking back power, to lessen stigma, and to disrupt ableism," the author helps home cooks navigate the kitchen, one of the least accessible places in the house.

TX652 .S44 2023



Different, Not Less

By Chloe Hayden

Whether you're neurodivergent or supporting those who are, this humor-filled guide to neurodivergent life will inspire you to create a more inclusive world where everyone feels like they belong.

RC553.A88 S828 2023x

Falling Upwards: Living the Dream, One Panic Attack at a Time

By Jeremy Fall

Fall's narrative on destigmatizing mental health in men combines memoir and business with plenty of practical advice, teaching us we that don't have to give up on our health to accomplish our dreams.

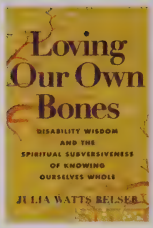
TX910.5.F35 A3 2023

Love & Autism

By Kay Kerr

Following five people with autism on their journey to love, this book takes a personal look into the lives of Michael, Chloë, Noor, Jess, and Tim as they break barriers, build community, and celebrate love in all its forms.

RC553.A88 K462 2023

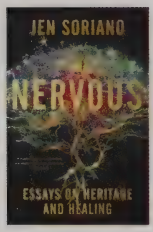


Loving Our Own Bones

By Julia Watts Belser

Belser weaves her own experience as a queer, disabled, feminist scholar and rabbi into sensitive and profound encounters with Jewish and Christian sacred writings, questioning ableist ideologies wielded against marginalized communities.

BM540.H35 B457 2023



Nervous: Essays on Heritage and Healing

By Jennifer Soriano

A Filipinx-American writer and daughter of a neurosurgeon explores her chronic pain and mental health struggles, boldly navigating subjects related to public health, the human body, disability, neurodiversity, and genderqueer bodies of color.

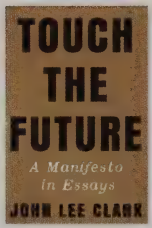
RB127.5.C48 S67 2023

Please Do Not Touch This Exhibit

By Jen Campbell

Poet Jen Campbell discusses her relationship with hospitals — both as a disabled person, and as an adult reflecting on childhood while going through IVF.

PR6103.A523 P54 2023



Touch the Future: A Manifesto in Essays

By John Lee Clark

Clark's collection of essays on his experiences within the DeafBlind community advocates for a movement that embraces tactile language and physical connection while interrogating both historical and contemporary challenges.

HV1597 .C53 2023

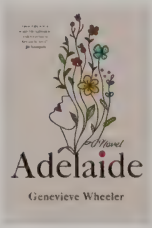
Your Hearts, Your Scars

By Adina Talve-Goodman

Coping with the reality of the loss of another person for her heart transplant, the author takes us on a journey through numerous medical operations and her lifelong struggle with chronic illness while searching for love and meaning.

RD598.35.T7 T35 2023

FICTION



Adelaide

By Genevieve Wheeler

Still processing her recent diagnosis with bipolar disorder, Adelaide falls hard and fast for Rory, turning a blind eye to his faults as she tries to make their relationship work.

FICTION WHEELER G

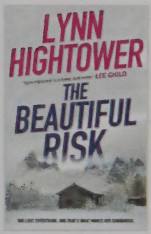
available as an audiobook
available as an eBook
graphic novel

All the Little Bird-Hearts

By Viktoria Lloyd-Barlow

An autistic mother is befriended by a charismatic couple who make her feel loved and accepted, despite breaking every rule in her etiquette manual...but something darker lurks beneath their charm.

FICTION LLOYDBAR V



The Beautiful Risk

By Lynn Hightower

After her husband is killed in a plane crash and her hearing-dog runs away, Junie is stunned when an investigator reveals that her dog was found with a man impersonating her late husband. Now she must travel to Chamonix and uncover the truth herself.

MYSTERY HIGHTOWE L

Better Hate than Never

By Chloe Liese

Childhood enemies, one with chronic migraines and one with ADHD, discover the fine line between love and loathing in this heartfelt reimagining of Shakespeare's *The Taming of the Shrew*.

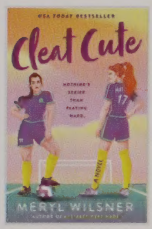
ROMANCE LIESE C

Cassandra in Reverse

By Holly Smale

Neurodivergent Cassandra is a creature of habit. After being dumped and fired, she begins to spiral...until she discovers that she can go back in time and change the past.

FICTION SMALE H



Cleat Cute

By Meryl Wilsner

In this sapphic soccer romance, sparks fly between a rookie and the injured veteran player she's filling in for, as the two women challenge each other and find common ground in their undiagnosed neurodivergent conditions.

ROMANCE WILSNER M

Cursebreakers

By Madeleine Nakamura

A professor of magic must survive his own failing mental health and a tenuous partnership with a hotheaded, neurodivergent soldier in order to save the city from a spreading curse.

SCIFI FANTASY NAKAMURA M

Fourth Wing

By Rebecca Yarros

When her mother orders her to become a dragon rider instead of a scribe, Violet is apprehensive. With her brittle body, death is only a heartbeat away... because dragons don't bond to "fragile" humans. They incinerate them, and Violet will need all her wits to survive.

SCIFI FANTASY YARROS R

Game On

By Seressia Glass

Samara never expected to go viral with her critique of Artemis Games, and she definitely didn't anticipate receiving a job offer from the CEO, Aron. When the two of them start working together, their tentative allyship begins to turn into something more.

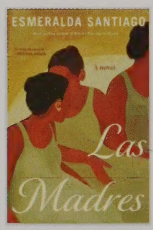
ROMANCE GLASS S

Kissing Kosher

By Jean Meltzer

Avital Cohen, manager of her family's kosher bakery, is falling for Ethan, her new employee who helps her find the chronic pain relief, and pleasure, she's been missing. But Ethan has a secret: he's gone undercover to steal the Cohens' famous babka recipe. Can they perfect their recipe for romance?

FICTION MELTZER J



Las Madres

By Esmeralda Santiago

Returning home to Puerto Rico, Luz hopes to recover the memories she lost 40 years ago in an accident that killed her parents and left her with a traumatic brain injury and physical and mental disabilities.

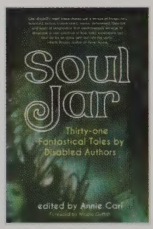
FICTION SANTIAGO E

Managing the Matthews

By Haleigh Wenger

Kell Simmons manages more than her Crohn's disease: she's the talent manager to the three hottest stars in Hollywood, but no one knows that she's hopelessly in love with one of them.

ROMANCE WENGER H



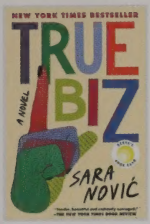
Soul Jar: Thirty-one Fantastical Tales by Disabled Authors

By Annie Carl (ed.)

While most science fiction and fantasy stories erase or cure characters with disabilities, this collection centers disabled voices with fantastical tales of everything from a shapeshifter on a first date to an insulin pump that diverts an undead mob.

ROMANCE BEHARRIE T

available as an audiobook
available as an eBook
graphic novel

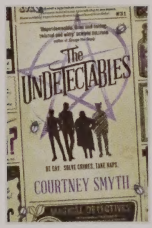


True Biz

By Sara Novic

As personal and political crises cause seismic changes in their lives, the headmistress and students at the River Valley School for the Deaf find their lives inextricably entwined.

FICTION NOVIC S



The Undetectables

By Courtney Smyth

With a magical serial killer on the loose, not to mention fatigue and pain from her fibromyalgia, can Mallory and her detective agency coworkers solve the case before becoming the killer's next victims?

SCIFI FANTASY SMYTH C

DISABLED, NOT UNABLE

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